

January 2021

Carver Council on Aging

What's Inside for January

Surprise Puzzle Packages Continue

Surprise puzzle packages will still be available for pick up between 11am -12 pm

Monday-Friday when reserved by noon the day prior.



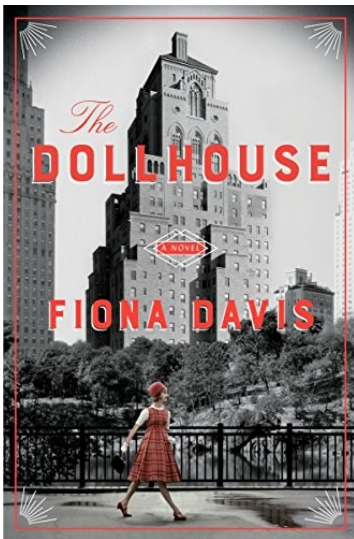
Pre-selected Carver COA puzzles have been concealed in wrapping paper and are only identified by the number of pieces either 300 or 1,000. The "surprise" is discovering the subject of the puzzle when you unwrap it! After you complete your puzzle you can return it to the COA for a new one to try. Returned puzzles will be isolated for 2 days before redistribution. Please reserve your Surprise Puzzle Package by calling **508-866-4698 x3**. And, please specify your preference for either a **300** or **1,000** piece puzzle.

Weekly Coffee Hours Temporarily Suspended

At the time of this newsletter printing, the CDC recommendations and State restrictions have required that the weekly Coffee Hours remain suspended until further notice. **However, weekly Take & Make Crafts and Grab 'n' Go Lunches are still available to reserve and pick up.** Please reserve by noon the day before.

Don't Call for AARP Tax Help, Yet!

AARP is doing their best to find a way to provide tax assistance to seniors this year. A plan has not been determined yet at this printing but stay tuned for an official notice in the February newsletter of whether we will be offering the program. *Priority will be given to those whose appointments were cancelled last year.*



Join the Carver COA Facebook Book Club

The COA is coordinating with the Carver Public Library to offer a monthly Council on Aging book club. Several copies of the selected title will be available to checkout at the library at the beginning of each month. Call ahead to the library for curbside service or checkout your copy in person on Mondays or Wednesdays. Each week questions will be posted on the COA Book Club Facebook page for your responses to be added in the comments. *Call **508-866-4698 x3** to register for this program.*

The title for January is *The Dollhouse* by Fiona Davis.

Enter the lush world of 1950s New York City, where a generation of aspiring models, secretaries, and editors live side by side in the glamorous Barbizon Hotel for Women while attempting to claw their way to fairy-tale success in this debut novel from the national best-selling author of *The Chelsea Girls*.

COUNCIL ON AGING

Monday -Thursday
9 AM-3 PM
Friday 9 AM-12PM
48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR

Connie Kelly
Monday-Friday
8 AM-4 PM
508-866-4698 x3
connie.kelly@carverma.gov

BOARD OF DIRECTORS

Donna Marie Forand-Chair
Helen Marrone-Secretary
Savery Moore
Claudia Miller
Nancy Ryan
Stephanie Clougherty Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - President
Paul M Kelly -Vice President
Madeline Joyce -Treasurer
Jackie Rogerson - Secretary
508-866-4698

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Dining - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please consider other passengers and limit the number of shopping bags on shopping trips

UPDATED LIMITED SCHEDULE

Due to the Corona Virus, Gatra Bus Service has changed.

Capacity is limited to 2 passengers maximum per bus and masks are required.

Trips are limited to:

*** Doctor's Appointments**

*** Pharmacy Runs**

*** Grocery Shopping at Shaw's Carver Only
Wednesdays and Fridays**

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

How do I schedule a ride?

Call **508-866-4698 x-1** prior to 12 pm the day before.

Closing Due To Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

Any 1 or 2 hour school **delays** will cancel any bus trips scheduled from 8 - 9 or 8-10 on that day.

LOAN CLOSET (please call before dropping off items)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available to borrow at no charge. **Sanitization is the responsibility of the borrower.**

COPIES

This free service is not available at this time while the COA building is still closed to the public.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at 508-866-3406.

LEGAL ADVICE

Attorney-At-Law Lawrence L. Hale is available to meet with seniors, by appointment only, for free legal advice and counseling in 15 minute appointments. **Until the COA is fully open, please call Attorney Hale's office directly at 508-866-2900 and be sure to mention the referral from the COA.**

ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is not available for rent at this time

FRIENDS OF THE CARVER COUNCIL ON AGING

New members are always welcome!

Annual membership is \$10.

Please contact Madeline Joyce or Friends of the Carver Council on Aging, PO Box 72, Carver, Ma 02330.



SENATOR PACHECO

Call **508-822-3000** or **617-722-1551** to see if you can schedule an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** to see if you can schedule an appointment.

WELLNESS CLINIC - "ASK THE NURSE"

The Tuesday screenings for blood pressure, glucose and cholesterol checks are not available at this time while the COA is not fully open.

Important Reminder: *The State recommends people over the age of 65 and people with underlying health conditions - who are at high risk for COVID-19 - should continue to stay home except for essential errands such as going to the grocery store and to attend to healthcare needs.*

HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$15 for a cut, cut and blow dry \$25. Call **508-866-4698 x3** to make an appointment.

To get all the COA news the fastest way possible, sign up to receive your Carver COA newsletter by email instead of by mail at:
CarverCOANews@carverma.org.

GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Heidi Miles

Outreach Assistant

Tuesday - Thursday

9 AM - 3 PM

508-866-4698 x 2

NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:45

Thank You For Being a "Friend" in 2021!

(please print)

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____ Email: _____

Cut and attach this form with a check for membership / donation total of \$ _____

Please make checks, corporate matches, or other gifts payable and mail to:

"Friends of the COA"
P.O. Box 72
Carver, MA 02330.

Supporting Carver COA Programs and Events all year long.

www.friendscarvercoa.com

WEEKLY ACTIVITIES ON HOLD

- COFFEE HOUR
- ACRYLIC / OIL PAINTING
- CRIBBAGE/RUMMIKUB/SKIP BO
- BINGO

MONTHLY ACTIVITIES ON HOLD

- COFFEE WITH THE CHIEF
- BASKET WEAVING
- SINGO with Jim the DJ Guy
- FOOTCARE

If you need pedicare, call Dr. John McLaughlin (podiatrist) at 781-738-3472 or Beth Israel Podiatry Clinic 116 Court St., Plymouth 508-747-1973.

FREE "TAKE & MAKE" CRAFTS

Sponsored by the Friends of the Carver Council on Aging
Available weekly for pick up at the Nutrition Center **Thursdays between 11 - 12**. Reservations for a craft need to be made by noon the day prior at 508-866-4698 x3. Limited availability.



Zen Doodle Snowflake

Color card stock, metallic marker and gem stones to decorate with.
1/7.

Faux Birch Log Candle Craft

8" glass votive candle, white card stock, paint, brush, glue stick and ribbon.
1/14

**These crafts are available to watch on CCAT TV, the COA Facebook page and Friends of the COA website.*



Flower Pot Snowman

Terracotta flower pot, paint, brush, baby sock and ribbon.
1/21



Beaded Washer Pendant Craft

Metal washer, seed beads, glue and cording
1/28

COMPASSIONATE CARE HOSPICE OFFERS:

6-Week Virtual Bereavement Support Groups in January:

Tuesdays 2-3:30 pm (Group 1)
or 7-8:30 pm (Group 2), **1/12 - 2/16**
Thursdays 10:30 am - 12 pm (Group 3)
or 7-8:30 pm (Group 4), **1/14 - 2/18**

Contact group facilitator Ken Hart at 774-313-6646.



FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs/Fri. - 9am-1:30 pm
Sun. - 9am-11 am
Mon./Wed./Sat. - Closed
Home Delivery to homebound residents.
508-866-7673

MEALS ON WHEELS

The COA provides Meals on Wheels for homebound elders.
Monday - Friday
Daily Cost: \$3.00
Call the Nutrition Center at
508-866-4698 x 4

SHINE PROGRAM

Health Insurance Counseling

Appointments via phone or email only available at this time.
508-866-4698 x4




CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330

JANUARY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
Don't forget to reserve your Surprise Puzzle Packages all month long!					1 CLOSED FOR NEW YEAR'S DAY	2
3	4 Make reservations for Grab & Go lunch by 12:00 noon	5 Grab & Go Lunch Pick up 11-12	6 Make reservations for Grab & Go lunch &/or Craft by 12:00 noon	7 Grab & Go Lunch &/or Craft Pick up 11 - 12	8	9
10	11 Make reservations for Grab & Go lunch by 12:00 noon	12 Grab & Go Lunch Pick up 11 - 12	13 Make reservations for Grab & Go lunch &/or Craft by 12:00 noon	14 Grab & Go Lunch &/or Craft Pick up 11 - 12	15 Make reservations for Grab & Go lunch by 12:00 noon Due to the Monday holiday	16
17	18 CLOSED FOR MARTIN LUTHER KING DAY	19 Grab & Go Lunch Pick up 11 - 12	20 Make reservations for Grab & Go lunch &/or Craft by 12:00 noon	21 Grab & Go Lunch &/or Craft Pick up 11 - 12	22	23
24 31	25 Make reservations for Grab & Go lunch by 12:00 noon	26 Grab & Go Lunch Pick up 11 - 12	27 Make reservations for Grab & Go lunch &/or Craft by 12:00 noon	28 Grab & Go Lunch &/or Craft Pick up 11 - 12	29 Don't forget to register for the "Eating the Mediter- ranean Way" Zoom Demo before Feb5th!	30